

Skillet Meals

Makes: 4 servings

Ingredients

- 1 package** broccoli (10 ounce, frozen, can also use mustard greens, collard greens or spinach)
- 2 cans** stewed tomatoes, low sodium (about 30 oz)
- 1 cup** brown rice (cooked)
- 1 can** white beans (15 ounces, rinsed and drained)
- pepper (to taste)
- oregano, basil, or hot pepper (other spices to taste, optional)

Directions

1. Steam greens in the stewed tomatoes using a small pan, pot, or electric skillet on medium-high heat.
2. Cook greens 10 to 20 minutes, until they are as soft as you like them. Stir gently.
3. Add the rice, canned beans, and seasonings.
4. Cook until heated through.

Source: University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Nutrition Information

Nutrients	Amount
Calories	250
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	55 mg
Total Carbohydrate	49 g
Dietary Fiber	12 g
Total Sugars	10 g
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available